

Course Outline:

1. Learn about the future landscape of work and how disruptive new technologies will give rise to the need for new leadership meta-skills and mindsets
2. Develop a toolbox of “Deep Human” personal and interpersonal skills that will be essential for the future and applicable to any career (e.g. Focus & strategic vision, empathic communication, giving skilful feedback, managing conflict)
3. Practice mindfulness-based leadership techniques to develop greater self-awareness, insight and enhance decision-making
4. Enhance personal resilience to maximise high-performance, minimise risk of burnout and mitigate the stresses of volatility, uncertainty, ambiguity, and complexity (VUCA)
5. Understand personal leadership strengths and development areas. Build awareness of unhelpful or self-sabotaging behavioural patterns and how to overcome them
6. Learn how to apply the leadership skills learned immediately in the workplace to transform culture and be an effective agent of change

Trainers’ Profiles



Crystal Lim-Lange

CO-FOUNDER & CEO

Crystal Lim-Lange is an expert on holistic education, future-readiness and personal growth and the co-founder of Forest Wolf.

She travels around the world, advising companies and educational institutions on how to prepare for a future of rapid change, and speaks regularly on how to upgrade our capabilities to thrive in the 21st Century.

Crystal’s diverse background spans investment banking, start-ups, agriculture, philanthropy, wellness and education.

Prior to founding Forest Wolf, Crystal was the Director of the National University of Singapore’s Centre for Future-ready Graduates which prepares youth for a rapidly changing world.

In 2016, Crystal pioneered "Roots & Wings" at the National University of Singapore, hailed as a groundbreaking future-ready skills programme by industry employers and holistic education thought leaders globally.

She also launched the world's first Future-ready Index that measures 9 domains of Future-readiness, based on research from 300 employers and over 4,250 students.

A prolific speaker and writer, Crystal enjoys sharing her views on the subjects of future-readiness, leadership, and personal transformation. She is also a strategic advisor to Minerva Project, and the Hoffman Institute Australia/Singapore.

Crystal is passionate about unlocking human potential and believes that our collective future depends on the evolution of our consciousness.



Dr Gregor Lim-Lange

CO-FOUNDER & CHIEF PSYCHOLOGIST

Dr Gregor Lim-Lange is an expert on clinical and positive psychology, social emotional intelligence and mindfulness, the Co-founder and Chief Psychologist of Forest Wolf and previously the Head of Learning & Development at the National University of Singapore's Centre for Future-ready Graduates and a Senior Lecturer at the National University of Singapore's Psychology department.

During Greg's 8-year tenure at the Department of Psychology, he taught and supervised clinical psychology students, and developed the 'Introduction to Clinical Psychology' and 'Mindful Psychology' modules. He then joined the NUS Centre for Future-ready Graduates as its Head of Learning and Development, and co-developed the Roots & Wings programme, which is based on positive psychology, neuroscience, social emotional intelligence and mindfulness.

Greg delights in designing innovative curricula and programmes, researching outcomes and working with individuals, leaders, couples and families. He is also a highly sought after educator, psychotherapist, and mindfulness teacher. He is also the co-editor of Clinical Psychology in Singapore.

Greg is a true citizen of the world, being a German-born, Irish- and American-trained clinical psychologist who has extensive work experience in America, Europe, Vietnam, Japan and Singapore.